

- (i) an essential fatty acid (EFA) selected from the group consisting of
  - (a) a mixture of eicosapentaenoic acid (EPA) and stearidonic acid (SA) in an amount of more than 20% by weight of the total fatty acids present
  - (b) eicosapentaenoic acid alone in an amount of more than 20% by weight of the total fatty acids present; and
  - (c) stearidonic acid alone in an amount of more than 20% by weight of the total fatty acids present, and
- (ii) optionally, n-6 EFAs

wherein the weight ratio of SA/EPA to said n-6EFAs, if present, is not less and 3:1.

9. The method of treatment according to claim 8 wherein said EFA comprises more than 40% of the total fatty acids present.
10. The method of treatment according to claim 8 wherein said EFA comprises more than 70% of the total fatty acids present.
11. The method of treatment according to claim 8 wherein the weight ratio of said EFA to said n-6 EFAs present is 4:1 or more.
12. The method of treatment according to claim 8 wherein said n-6 EFAs are absent.
13. The method of treatment according to claim 8 wherein the weight ratio of said EFA to any docosahexaenoic acid (DHA), if present, is not less than 3:1.
14. The method of treatment according to claim 8 wherein the weight ratio of said EFA to any DHA, if present, is 4:1 or more.
15. The method of treatment according to claim 8 wherein doses of 10mg to 100g of said EFA are administered daily.

16. The method of treatment according to claim 8 wherein doses of 100mg to 20g of said EFA are administered daily.
17. The method of treatment according to claim 8 wherein doses of 500mg to 10g of said EFA are administered daily.
18. The method of treatment according to claim 8 wherein the disorder is Alzheimer's disease and other dementias.
19. The method of treatment according to claim 8 wherein the disorder is tardive dyskinesia.